



# Moccasin Trail

ENNÍSKA / FEBRUARY 2022

## Points of Interest:

- Get FREE at Home COVID-19 Test
- Senior Water Challenge
- Scammers offer COVID-19 Tests for personal information
- February National Holidays
- Senior Club Meeting is 2/9/22 at 10:00 a.m.



Monday, February 14th  
at 11:00 a.m.  
We will be playing  
Guess that Romantic Song,  
Give out Valentine's Treats,  
and much more!

## We are Reopening Tuesday, February 1st!!!

The SRMT Office for the Aging is happy to announce that congregate meals will resume on Tuesday, February 1, 2022. Nia:wen to everyone for your patience and cooperation during the pause. Anyone wanting to attend the congregate meal must call the Office for the Aging by 9:30am to reserve a meal. Activities in the senior center, such as Yoga with Catherine and Craft classes will also be resuming. Call the senior center for more details. There are no changes to home delivered or Grab and Go meals. Just a reminder that everyone regardless of vaccine status must wear a mask while in the senior center unless eating or drinking. To minimize the spread of infectious illness, do not come to the senior center if you are sick or are awaiting COVID test results. Other arrangements can be made for meals if you do not feel well. For more information, call 518 358 2963.

## Inside this Issue:

|                                    |       |
|------------------------------------|-------|
| Senior Club Page                   | 2     |
| OFA Transportation Update          | 3     |
| Black History Month                | 4 & 5 |
| Calendar                           | 6 & 7 |
| Masks Available                    | 8     |
| Craft Class                        | 9     |
| February is Heart Health Awareness | 10    |
| Birthday's                         | 11    |

**We will be  
Closed on:**

Monday, February 21st: President's Day  
Friday, February 25th: Planning Day





# Saint Regis Mohawk Senior Citizens Club



## Club Dues for 2022

Please renew to receive your Moccasin Trail newsletter in the mail.

You can mail in your membership fee of \$5.00 American to:

PO Box 1106  
Hogansburg, NY  
13655

Addressed to: SRM Senior Citizens Club

If you do mail in your dues, please include a self-addressed stamped envelope so we can send your membership card and receipt.

## New Officers

President: Millie Cook

Vice President: Iris Herne

Secretary: Brenda LaFrance

Treasurer: Giselle Cook

## Senior Club Meeting

Wednesday, February 9, 2022

10:00 a.m.

Sunroom at the Senior Center

All club members welcome!



## January Coloring Contest Winners

Congratulations Dorothy Cole and Lynn LaFrance on winning our January coloring contest! We did have a miscommunication about doing a January contest because the building was closed, so sorry for the confusion. The building is opening back up Feb. 1st so we will continue to our usual schedule of pages available Tuesday the 1st and end Thursday, February 10th by 11:00 a.m.



## Please Test Your Personal Emergency Response System



Please be sure to test your PERS (Personal Emergency Response System) monthly. Simply, push your button and report that you are testing the unit. If there are any issues with the unit, contact our office. If you or a family member is in need of a PERS, contact Doris at our office @ (518) 358-2963 to get more information.



# Transportation Program Update:

Due to limited availability, we are making the following changes to our Transportation program.

All transportation needs to be arranged at least 3 days ahead of time, including shopping and medical transportation. We are not always able to accommodate transports the same day a request is made. The earlier you request a ride, the better we are able to accommodate you.



Please contact Outreach and/or Medical Transportation before calling the Office for the Aging for a ride to a medical appointment. Office for the Aging drivers are only available in the afternoon for all medical transportations.



## Get Free At-Home COVID-19 Tests Sent to Your Home!

As you may have heard, COVID-19 rapid test kits are being mailed to US households who request one. Test kits can be requested on-line by going to [www.covidtests.gov](https://www.covidtests.gov). Each household can order four free tests. These are rapid tests you take at home and get results in less than 30 minutes with no need to drop off at a lab. If you do not have internet access or need help placing the order, you can call the SRMT Office for the Aging at **(518)358-2963** between 8:00 a.m. and 4:00 p.m. and ask for COVID test ordering. OFA staff will assist you with placing an online order. We will need your name and address. If you want to receive a confirmation, we will need your email address. Tests will arrive in 7 to 12 days. The process is quick and confidential. Or you can call directly at **1-800-232-0233**.

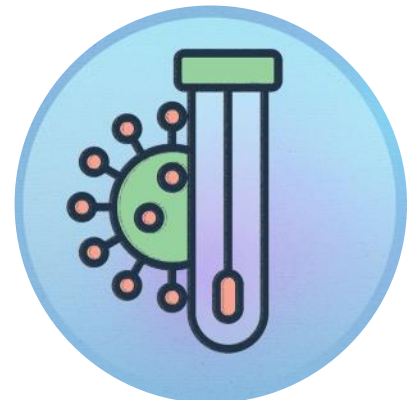
### When to take an at-home test:

- If you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell, or
- At least 5 days after you come into close contact with someone with COVID-19, or
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines.

### ABOUT THE AT-HOME COVID-19 TESTS

#### The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests



# BLACK HISTORY MONTH

**Origin:** February is Black History Month; a time to celebrate the achievements of African Americans and honor the significant role and impact they have made throughout U.S. history.

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

In 1915 Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

In 1976, President Gerald Ford officially recognized Black History Month to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

The past two years have brought significant challenges to communities of color which have been disproportionately impacted by COVID 19.

## **Disparities:**

- African Americans comprise approximately 13% of the United States’ population; however, they make up more than 35% of all patients on dialysis due to kidney failure.
- Additionally, about 4.9 million African Americans over the age of 20 are living with either diagnosed or undiagnosed diabetes. While that may not seem related, diabetes is the leading cause of kidney disease.
- In addition, nearly half of all African Americans adults have some form of cardiovascular disease and approximately 2 out of every 5 African American adult has high blood pressure, which is often not under control.
- African Americans ages 18-49 are two times as likely to die from heart disease than whites.
- African Americans ages 35-64 years are 50% more likely to have high blood pressure than whites.
- Cancer is the second leading cause of death among black people in the United States. Among men, black men get and die from cancer at higher rates than men of other races and ethnicities. Among women, white women have the highest rates of getting cancer, but black women have the highest rates of dying from cancer.
- Breast Cancer deaths are going down fastest among white women compared to women of other races and ethnicities. Black women have the highest death rates of all racial and ethnic groups and are 40% more likely to die of breast cancer than white women. The reasons for this difference result from many factors, including having more aggressive cancers and fewer social and economic resources. To improve this disparity, black women need more timely follow-up and improved access to high-quality treatment.
- Prostate Cancer is more common in black men. It tends to start at younger ages and grow faster than in men of other racial or ethnic groups, but medical experts do not know why.
- African Americans are nearly 1.5 times as likely to have obesity as compared to non-Hispanic whites.

## **COVID Disparities**

- Having high blood pressure may increase the risk of severe illness from COVID-19.
- Nationwide, African Americans are 2.6 times more likely to be hospitalized as a result of COVID 19 than non-Hispanic whites.
- Nationwide, African Americans are 1.9 times more likely to die as a result of COVID 10 than non-Hispanic whites
- In New York State, African Americans are 2-3 times more likely to die as a result of COVID 19 than non-Hispanic whites.

## **What you can do:**

- Living a healthy lifestyle can help prevent heart disease, cancer, and stroke. Take these steps:
- Eat a healthy diet with fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
- Exercise regularly. Adults needs 2 hours and 30 minutes (or 150 minutes total) of exercise each week. You can spread your activity out during the week and can break it up into smaller chunks of time during the day.
- Be smoke free. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
- Limit alcohol use, which can lead to long-term health problems, including heart disease and cancer. If you do choose to drink, do so in moderation, which is no more than one drink a day for women and two for men.
- Know your family history. There may be factors that could increase your risk for heart disease and stroke.
- Manage any medical condition you might have. Learn the ABCS of heart health. Keep them in mind every day and especially when you talk to your health provider:

**A**ppropriate aspirin therapy for those who need it

**B**lood pressure control

**C**holesterol management




**S**moking cessation



# Enniska/February 2022

| Tsiai'ahkhaton  | Kiokierénhton  | Tekeníhaton   | Ahsénhaton  | Kaieríhaton   | Wískhaton   | Iahíá:khaton |
|---|--|---|---|---|---|--------------|
|   | <b>Jan. 31</b><br>Mac n Cheese<br>Stewed Tomatoes<br>Brussel Sprouts<br>Roll<br>Pears  | <b>1</b> Open Face Turkey<br>Cauliflower &<br>Broccoli<br>Mandarin Oranges<br><u><b>Activity:</b></u><br>10:00 Chair Yoga<br><br><b>WE OPEN FOR<br/>           CONGREGATE<br/>           MEALS!</b> | <b>2</b> Tomato Soup<br>Tuna Sandwich<br>Pears<br><u><b>Activity:</b></u><br>10:00 Exercise DVD   | <b>3</b> Potato Crusted<br>Cod<br>Sweet Potato Fries<br>Green Beans<br>Roll<br>Fresh Fruit<br>Cookie<br><u><b>Activity:</b></u><br>10:00 Chair Yoga | <b>4</b> Cream of Broccoli<br>Soup<br>Ham Sandwich<br>Mixed Berries with<br>whipped cream<br><u><b>Activity:</b></u><br>10:30 Virtual Bowling<br><br><b>National Bubblegum<br/>           Day</b> | <b>5</b>     |
|  | <b>7</b> Chicken Burger<br>Brown Rice<br>Wax Beans<br>Chocolate Pudding<br><u><b>Activity:</b></u><br>10:00 Exercise with<br>DVD Class<br>1:00 Bingo<br><br><b>National Send a<br/>           Card to a Friend Day</b> | <b>8</b> Pork Chops<br>Potato<br>Mixed Veggies<br>Vanilla Pudding<br>Fresh Fruit<br><u><b>Activity:</b></u><br>10:00 Chair Yoga<br><br><i>Legal Aid Linda LaRue<br/>           Appointments</i>     | <b>9</b> Chicken and<br>Dumplings with<br>Green Beans<br>Carrots<br>Fresh Fruit<br><u><b>Activity:</b></u><br>10:00 Exercise DVD<br>10:00 Senior Club<br>Meeting<br><br><b>National Pizza Day</b> | <b>10</b> Ham<br>Hash<br>Broccoli<br>Roll<br>Fruited Jell-O<br><u><b>Activity:</b></u><br>10:00 Chair Yoga  | <b>11</b> Meatloaf<br>Mashed Potatoes<br>Gravy<br>Corn<br>Roll<br>Fruit Cocktail<br><u><b>Activity:</b></u><br>10:30 Virtual Bowling  | <b>12</b>    |
| <b>13</b>   | <b>14</b> <b>Valentine's Day</b><br><b>PARTY!!!</b>  | <b>15</b> Chili<br>Johnny Cake  | <b>16</b> Baked Fish<br>Fries   | <b>17</b> Hamburger<br>Gravy  | <b>18</b> Turkey Rice Soup<br>Cheese Sandwich   | <b>19</b>    |



|   |  |  |   |  |  |    |
|---|--|--|---|--|--|----|
|  | Pancakes<br>Sausage Patties<br>Scrambled Eggs<br>Apple Juice<br>Melon Slices<br><br><b>Activity:</b><br>10:00 Exercise DVD<br>11:00 Games Begin!<br>1:00 Bingo | Fruit Ambrosia<br><br><b>Activity:</b><br>10:00 Chair Yoga   | Mixed Veggies<br>Cherry Crisp<br><br><b>Activity:</b><br>10:00 Exercise Class<br>with DVD   | Boiled Potatoes<br>Peas<br>Roll<br>Fresh Fruit<br>Tapioca Pudding<br><br><b>Activity:</b><br>10:00 Chair Yoga  | Mandarin Oranges<br><br><b>Activity:</b><br>10:30 Virtual Bowling<br><br>National Caregivers Day                                     | 7  |
| 20  | 21<br><br><b>CLOSED</b><br><br>President's Day<br><br>                      | 22 Baked Chicken<br>Wild Rice<br>Corn, Asparagus<br>Fresh Fruit<br><br><b>Activity:</b><br>10:00 Chair Yoga  | 23 <b>Birthday Meal</b><br>Roast Beef<br>Mashed Potato<br>Carrots, Roll<br>Poke Cake<br><br><b>Activity:</b><br>10:00 Exercise Class<br>with DVD<br><br>National Banana Bread Day | 24 Cream of<br>Mushroom Soup<br>Sandwich<br>Butterscotch Pudding<br>Fresh Fruit<br><br><b>Activity:</b><br>10:00 Chair Yoga<br><br>Legal Aid Linda LaRue<br>Appointments | 25<br><br><b>CLOSED</b><br><br>Planning Day<br><br> | 26 |
| 27  | 28 Goulash<br>Italian Bread<br>Carrot/Celery Sticks<br>Peaches<br><br><b>Activity:</b><br>10:00 Exercise Class<br>with DVD<br>1:00 Bingo                       | <p><b>Due to continuing supply issues, salads are no longer available as a meal alternative.</b></p> <p>Call the Center if you will not be home for your Home Delivered Meal. Or to reserve your Grab-N-Go or Congregate meal at <b>518-358-2963</b>.</p> <p><b>NOTE:</b> Only 4 to a table in congregate lunch.</p> <p><b>LOCAL SHOPPING TRIPS:</b><br/>Due to our bus being out of commission, our transportation drivers are taking appointments throughout the week individually, starting at 1:00 p.m. please call Judy or Pam to make an appointment 358-2963.</p> |   |  |  |    |

# Masks Available at the Senior Center

We have a variety of masks available for pick-up at the senior center. Types available are: KN95, surgical, and cloth. Please call and let us know what type of mask you want and we will have it ready for pick up at the front door. Maximum of two masks per person.

What mask to use is dependent upon your environment.

- KN95 masks are the best when you are in a crowded environment. These masks are extremely form fitting and may not be comfortable for everyone to use.
- If you cannot wear a KN 95 mask, your next best mask is a medical grade surgical mask layered under a cloth mask.
- If you are not in a crowded environment, a surgical or cloth mask is appropriate.

For a mask to provide the maximum level of protection it must be form fitting to your face and not have gaps at the sides or bottom. The mask should have an adjustable metal nose piece so you can maximize fit. It should cover your nose and mouth completely. Follow instructions that come with the mask for proper disposal or cleaning.

## 2022 Water Challenge

**Beginning February 7th, End February 28th**

As we enter the New Year, why not start a healthy habit! Join us for our month long Water Challenge. The goal of this challenge is to help increase water consumption. According to the Institute of Medicine, the recommended daily intake for water is approximately 3 liters (or 100 ounces) of water for men, and 2.2 liters (75 ounces) of water for women. Participants must submit total ounces of water drank weekly.

Water is essential for good health, it aids with keeping your body at a normal temperature, maintain metabolism, lubrication and cushioning of joints, protects sensitive tissues, waste excretion, and more!

For the month of February, participants will be asked to monitor and report on a weekly basis the amount of water consumed. Those who average at least 64 oz/day (1 gallon) and report weekly will be entered into our raffle. The first 5 to register will receive a free water bottle.

**To register, call Katie or Joy at (518)358-2963.  
Deadline to register is Monday, February 7th.**



# Craft Class

Our December craft class was a smashing success! It took two days but was definitely worth it. They all turned out unique and beautiful.

Joy will be doing more classes like this because they enjoyed it so much. Our students were Carol Lazore, Millie Cook, Barbara Lazore, Ernestine Oakes, and Rosemary Bonaparte. Our next Craft Class will be Wednesday, February 23rd at 12:30 p.m. Please call Joy at (518) 358-2963 to find out what our Valentine's day craft is going to be.



## 'Scammers' offer COVID-19 Kits for Personal Information

New York consumers are being targeted by "unscrupulous scammers" with an aim of getting personal information in exchange for a free at-home COVID-19 tests, state consumer and health officials said.

The "scammers" claim to be "online providers" of the tests and can send kits sooner if information such as a Social Security number is sent through text, email or phone, said the state Division of Consumer Protection and the Department of Health in a news release Tuesday.

The Biden Administration launched a website, [COVIDTests.gov](https://covidtests.gov), earlier this month for Americans to request four at-home tests per address for delivery by the United States Postal Service.

"The arrival of the COVID-19 free at-home tests is one more tool in the fight to end this brutal pandemic, but unfortunately, it also creates new opportunities for unscrupulous scammers to attempt to lure people into unintentionally providing their personal information," said acting state Secretary of State Robert J. Rodriguez in the release. "As the free at-home test program is rolled out, New Yorkers can thwart the scammers by keeping their personal, financial and health information safe and questioning any requests for a Social Security number, credit card, health insurance or other personally identifiable information from anyone not affiliated with a trusted health or government entity."

The White House has said tests ship within 7 to 12 days of ordering. State officials said [COVIDTests.gov](https://covidtests.gov) does not require a Social Security number, credit card, or other personal information beyond a name and address. Consumers are advised to hang up on anyone offering a free testing kit, be aware of emails from unknown senders and avoid clicking on links from unknown sources.

As a trusted community resource, the Office for the Aging can assist with online ordering of home delivered test kits. Just call (518) 358-2963.

If you have questions, feel free to contact SRMT Office for the Aging  
@ 518-358-2963 Lisa Keyes, RD, CDN

## February is Heart Health Awareness Month

February is American Heart Month. Heart attacks kill an estimated 630,000 Americans each year. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with education and action. Simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love with these tips.

~ Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risks associated with those factors

~ Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart. While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person.

~ Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

~ A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart “superfoods” that may help reduce the risk of atherosclerosis. Dark chocolate is also on the list and is a great way to satisfy a sweet tooth (in moderation).

~ To reap the full benefits of a heart-healthy diet, it’s important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.

~ Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise.

~ Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression.



# Satonhá:ren tsi Sahsiéríte

*Best Wishes on your Birthday and throughout the coming year!*

2- Rose Dillon

3- **Frank Hutt**

Honora Benedict

4- **Becky Bero**

Dawna Arbor

5- Thomas Jacobs

7- Rita White

Helen Chubb

8- **Doris P. Robinson**

10- **Emily Thompson**

Arthur Jacobs

William Oakes

Irv MacLaren

11- Lori Thompson

Lucille Peters

12- **Mary Wainman**

Helen Arno

13- **Diane Boots**

14- Lucille O'Brien

Leslie Barnes

Linda Printup

16- Dorothy Cole

17- **Everette Hampton**

**Hazel Bero**

Clark Lazore

18- **Barbara Garrow**

19- **Phyllis Jacobs**

Paulette Reid

Joyce Laffin

22- **Margaret Montour**

23- Kathi Jock

Iris Oakes-Fravel

24- Charlie Daniels

25- **Shirley Garrow**

Ken Marlow

Nanci Ransom

27- **Jackie Mitchell**

28- **Rose Thompson**

29- **Charlene Spieler**

**Bold are Saint Regis**

**Mohawk Senior Club Members**

## February National Holidays

| Date                     | Holiday                     |
|--------------------------|-----------------------------|
| Friday, Feb. 4th         | Bubblegum Day               |
| Monday, Feb. 7th         | Send a card to a Friend Day |
| Wednesday, February 9th  | Pizza Day                   |
| Monday, February 14th    | Valentine's Day             |
| Friday, February 18th    | Caregivers Day              |
| Wednesday, February 23rd | Banana Bread Day            |

## Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month.

Tuesday, February 8, 2021

Thursday, February 24, 2021



## Medical Supplies Available

Our senior center has a supply of donated medical supplies such as; walkers, canes, adult incontinence products, and more. If you or someone you know is in need, please call our offices at (518) 358-2963.





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

Presorted Standard  
 US Postage Paid  
 Akwesasne, NY  
 PERMIT # 4

If you are not the Addressee, please  
 notify us of our mistake.  
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

## Services Available Through the OFA

If the services you need  
 are not listed, phone us  
 and we can assist with  
 referrals to appropriate  
 agencies.

Visit us on our Web  
 Page:

[www.srmt-nsn.gov/  
 office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/office_for_the_aging)

Or Facebook:

Office for the Aging Saint  
 Regis Mohawk Senior  
 Center

**We're Here to  
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Craft Kits**
- **Socialization**
- **Information & Assist..**